



Photo by Pfc. Christopher Brecht

Right — 1st Lt. Timothy Nelson, 1st Infantry Division, touches the Ranger tab before jumping into Victory Pond during Best Ranger Competition at Fort Benning, Ga., April 17.

# Best Ranger Competition



Left — Capt. David Matthews and 1st Lt. Colton Barber of Team 9 prepare a simulated casualty for evacuation during the Best Ranger Competition 2016 at Fort Benning, Ga., April 16. They went on to finish 4th place overall and plan to compete again in the future.

Story and photo by  
**SGT. IAN MORALES**

25th Infantry Division Public Affairs

FORT BENNING, Ga. — After months of training, two teams from the 25th Infantry Division competed in this year’s Best Ranger Competition, here, April 15th-17th.

For 60-plus hours, Capt. David Matthews and 1st Lt. Colton Barber of Team 9, and 2nd Lt. Jeremy Dettmer and Sgt. 1st Class Eric Guevara of Team 10, endured one of the most challenging events the Army offers to test their mental and physical strength.

“It was a lot more grueling than I expected. Over the course of three days, we got to do a lot and cover a lot of ground. It showed me that I could move a lot further than I thought I could,” said Barber.

Team 9 finished in 4th place, while Team 10 finished in 12th place. Members of both teams are considering competing again next year.

During the competition, the teams were faced with buddy runs, obstacle courses and timed events testing their technical skills as Rangers.

“I think their mental toughness was unri-

valed,” said team coach Capt. Hardy Merril. “They really left nothing for the swim back, always pushing themselves one event after another.”

The battles for position were fought fiercely with every point making the difference between staying the course and going home the first day.

Traditionally, 24 teams are cut from the competition after the first night, giving the remaining teams an idea of what they must do to stay in the event.

Team coach and 2013 Best Ranger Compe-

dition winner, Sgt. 1st Class Raymond Santiago, said, “I feel they did well. I feel they’ve given their all. You can see throughout the competition just how strong they look compared to a lot of teams over there.”

Pushing themselves to the limit, and then some, helped both Tropic Lightning teams get across the finish line Sunday afternoon.

“The knowledge gained from this experience will help us prepare for the next one,” Barber said. “I have a feeling we’re going to do much better and distinguish ourselves.”

## RHC-P competes in 2016 Best Warrior Competition

**EMILY YEH**

Army News Service

SCHOFIELD BARRACKS — During the week of April 2-7, a total of 14 noncommissioned officers and junior enlisted Soldiers from across the Regional Health Command-Pacific competed in the 2016 Best Warrior Competition, here, and at Tripler Army Medical Center.

The four-day competition tested the warriors’ physical fitness, warfare aptitude, and navigation and leadership skills, including oral and written exams.

Competitors were required to demonstrate a tremendous amount of endurance, challenging them in a tropical environment and putting them through a high level of stress to distinguish who would become the best warrior.

Staff Sgt. Cory Glasgow, U.S. Army Health Clinic-Schofield Barracks, and Spc. Milos Drljic, Madigan Army Medical Center, Joint Base Lewis-McChord, came out on top as the RHC-P’s 2016 best warriors.

On April 8, the competitors were honored at a ceremony hosted by Command Sgt. Maj. Richard F. Watson III, RHC-P’s senior enlisted adviser. During the ceremony, Watson lauded this year’s competitors, describing the warriors as physically

fit, mentally astute and resilient. He also emphasized that each of the warriors were fierce and unrelenting in battle, demonstrating the warrior ethos of “never quit.”

Throughout the competition, the RHC-P competitors embodied the Warrior Ethos, demonstrated their commitment to Army values and represented the force of the future.

Glasgow and Drljic will represent RHC-P this spring, competing against fellow medical command best warriors.

The BWC is considered the “Super Bowl” of Army competitions, bringing together the best warriors from across the Army.

Right — Sgt. William Swanson, Madigan Army Medical Center, navigates the obstacle course at Schofield Barracks, April 5, during the second day of the competition to be named “Best Warrior.”



Photos by Spc. Angelique Jefferson, U.S. Army Health Clinic-Schofield Barracks



Right — Sgt. Diedra Konicki, MEDDAC-AK, locates her next target during the Army Warrior Task and Battle Drills event, April 7. Konicki and other RHC-P warriors competed for four days in what is considered the “Super Bowl” of Army competitions.

### Competitors

Sgt. Jounel Bennett, Dental Health Command-Pacific (DHC-P)  
Spc. Samuel Costa, U.S. Army Health Clinic-Schofield Barracks  
Pfc. Samuel Crippen, Medical Department Activity-Alaska (MEDDAC-AK)  
Spc. Julian Gaskin, MEDDAC-Japan  
Spc. Joshua Knox, Public Health Command-Pacific (PHC-P)  
Spc. Joshua Knox, DHC-P  
Sgt. Diedra Konicki, MEDDAC-AK  
Staff Sgt. Christopher Nieger-Bickham, 18th Medical Command  
Sgt. Autaya Phillips, PHC-P  
Pfc. Mitchell Salyers, MEDDAC-K  
Sgt. William Swanson, Madigan Army Medical Center  
Sgt. Xiaobin Wu, Tripler Army Medical Center

## 7th Dive Det. engineers conduct underwater demolition training

Story and photo by  
**SGT. JON HEINRICH**

8th Theater Sustainment Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — U.S. Army divers with 7th Engineer Dive Detachment, 130th Eng. Brigade, 8th Theater Sustainment Command, conducted underwater demolition training, April 12-14, at Puuloa Range Complex off the coast of Iroquois Point.

Assisting in the training was the 545th Transportation Company and 8th TSC’s Logistic Support Vessel-2 CW3 Harold C. Clinger, supporting the mission by providing transportation for the divers and the explosives.

“(We did) our annual training on LSV-2 for underwater demolition,” said 1st Lt. Charles Masters, the executive officer for 7th EDD and diving officer and range officer in charge for the training. “It entails all of our guys going in and doing their

check-offs for dive, as well as getting hands-on demolition, making charges, inspecting the charges and then detonating.”

Each day, the group sailed out to the range with three charges for training, with a total of nine charges.

The charges were set to a depth of 65 feet and detonated using time-delay fuses to ensure everyone was able to get a safe distance away from the explosions.

Masters said that although there were other reasons, the primary purpose of the mission was the training itself.

“Secondary purpose is to get diver check-offs for our Soldiers,” Masters said. “In order for us to move into the ranks, we need specific check-offs for underwater demolition, salvage, etc. A tertiary purpose is to get data on the effects of underwater demolition to marine life in appropriate distances

and seeing if that affects them.”

The divers used underwater cameras and a hydrophone to collect the data of the effect on the marine life created by the blasts.

A hydrophone is a device used for recording underwater acoustics that can’t be detected by humans.

Sgt. John Huff, a lead diver with 7th EDD, said training with explosives underwater could be scary, at first, but that you quickly get the hang of it.

“The first time it is (scary), but after that, it’s kind of second nature,” Huff said. “You’ve just got to be confident and know your whereabouts in the water.”

Huff also said that these types of training missions are a great way for newer Soldiers to get hands-on experience.

“Giving new experiences to new guys, it’s always good to see how they react to everything,”

Huff said. “The knowledge base that each and every individual has, combined as one, always benefits everybody.”

Strong winds and high waves slowed the training, Masters said. Maneuvering was difficult, along with the demolition not working properly.

Another impact the divers had to watch out for was the marine life in the vicinity of the charges.

“When we’re doing this underwater demolition range, we have to worry about marine life, especially marine mammals and turtles,” Masters said.

There was a 500-yard radius mitigation zone for the underwater demolition range, with three Zodiac boats looking for any marine life that might come into the zone that would cause them to stop the demolition, Masters added.

Masters said that despite the impacts, the training was still a success, and he enjoyed being able to do it.





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# Real ID Act and what it means to the garrison

**COL. DUANE R. MILLER**

Director, Emergency Services,  
U.S. Army Garrison-Hawaii,  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command

In the Feb. 12th edition of the “Hawaii Army Weekly,” we discussed the implications of the Real ID Act of 2005 as it relates to access to DoD installations.

Understanding that the requirements under the Act may have some impact on members of our community, the garrison delayed the implementation until May 1.

As this is the last HAW article prior to the implementation of the Real ID Act access requirements, the Directorate of Emergency Services wants to provide everyone with a friendly reminder that there will be some installation access changes coming, although it will be transparent to most members and guests to our community.

The primary change to installation access related to this Act relates to unescorted access. Basically, an individual who possesses an ID card or driver’s license

from a non-compliant state cannot use that ID for identity proofing without a second form of identification.

Individuals who do not possess a driver’s license (DL) or identification card compliant with the Real ID Act and who do not possess an acceptable secondary ID must be escorted at all times or denied access.

Understanding that the compliance of the Act is based on what documents must be presented and electronically stored prior to the issuance of a DL/ID, what information needs to be displayed on the card, the technology the card is encoded with and the accessibility/sharing of information through databases, there are a number of potential secondary forms of identification that may possess the required standards.

For the purpose of secondary identification forms, the following are commonly accepted as secondary forms and will be honored at U.S. Army Hawaii installations:

- **U.S. passport or U.S. passport card,**
- **U.S. military ID card,**
- **Veterans health ID card,**

• **Department of Homeland Security Trusted Traveler card (Global entry, Nexus, Sentri, Fast), and/or**

• **U.S. permanent resident card.**

While this list is not all-inclusive, these are secondary forms of ID that we anticipate being more common than others. Secondary forms of identification will be reviewed on a case-by-case basis to determine compliance with the Act.

While we do not anticipate any implementation issues, please be aware that these changes to access will occur on May 1.

## Is your ID compliant?

To see if your state is good to go with the Real ID Act, visit [www.dhs.gov/current-status-states-territories](http://www.dhs.gov/current-status-states-territories).

For more information on the Directorate of Emergency Services, visit [www.garrison.hawaii.army.mil/des/default.htm](http://www.garrison.hawaii.army.mil/des/default.htm).



# State approves renaming of school for Sen. Inouye

**HAWAII STATE DEPARTMENT OF EDUCATION**  
News Release

WAHIAWA – The Hawaii State Board of Education (BOE) approved the renaming of Hale Kula Elementary School to Daniel K. Inouye Elementary School during its meeting, Tuesday. The new name is effective immediately.

“Senator Inouye’s commitment to Hawaii’s public schools throughout his career continues to benefit thousands of students, from securing federal resources to advocating for military families,” said Superintendent Kathryn Matayoshi. “The late senator’s legacy lives on and naming this school in his honor is fitting for all he’s done for Hawaii and the service to his country.”

Located at Schofield Barracks, which was the home of Inouye’s 442nd Regimental Combat Team, 99 percent of the students are military impacted. Most of the students have a parent who is a Soldier or other service member.

The school recently received \$26.6 million from Department of Defense and \$6.6 million of the Hawaii State Department of Education’s budget to upgrade its administration building, its two-story classroom building, a student center and library-media center, additional classrooms, and for renovation of existing classrooms.

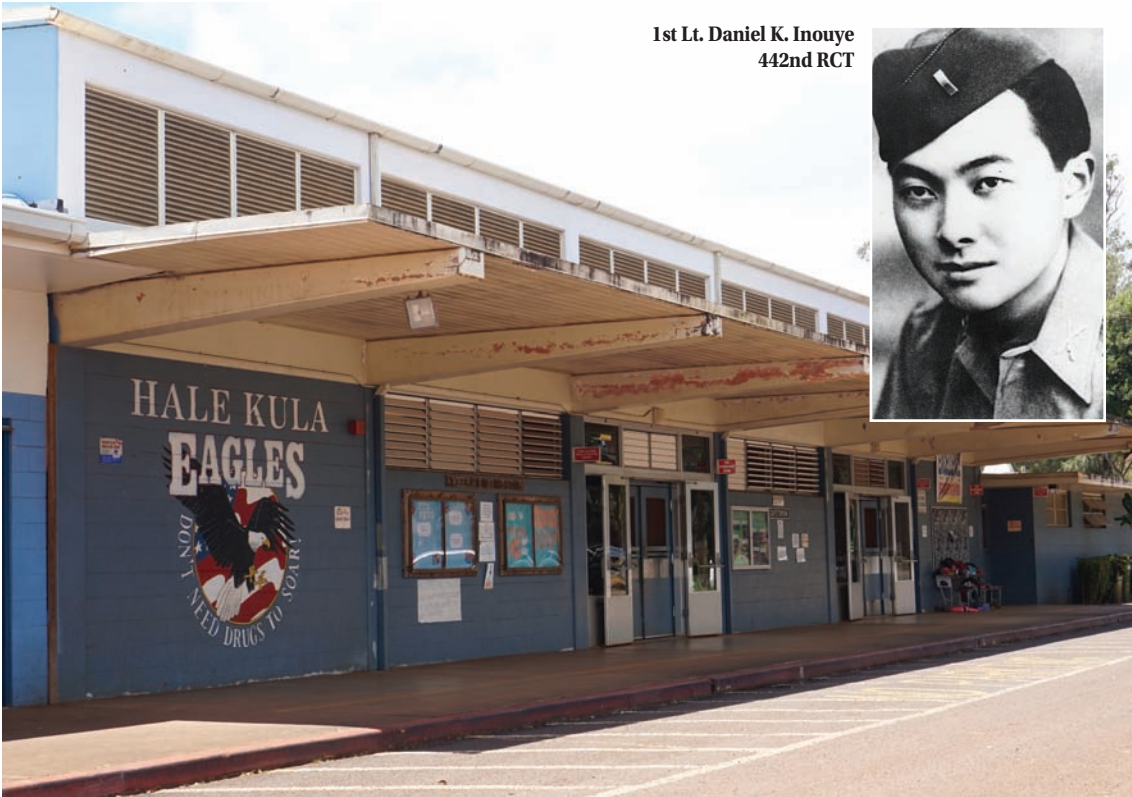
As chair of the Senate Defense Appropriations Subcommittee, Inouye played an integral role in getting funding to support this type of facility repairs for schools that serve military children.

“In light of all of the exciting changes going on at our school, our history and location, it is

fitting that we have been given the honor to change our name to Daniel K. Inouye Elementary School,” said Principal Jan Iwase. “The feedback from the community was very positive, and we look forward to promoting our school and successes under this new name.”

The school was built in 1959, and currently supports more than 800 students from special education preschool to fifth grade.

King Kamehameha III established Hawaii’s public school system in 1840.



1st Lt. Daniel K. Inouye  
442nd RCT

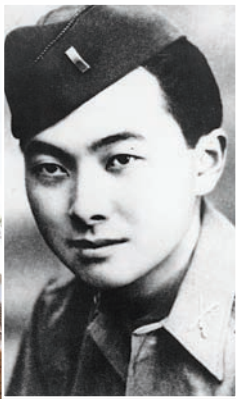


Photo by Christine Cabalo, Oahu Publications

**On Tuesday, the Hale Kula Elementary School on Schofield Barracks was renamed the Daniel K. Inouye Elementary School. The late senator played a key part in getting funding to support repairs of schools that serve military keiki. The school was built in 1959, the same year Hawaii became the 50th state and Inouye became a senator.**

## About the Hawaii State Department of Education

The Hawaii State Department of Education is the ninth-largest U.S. school district and the only statewide educational system in the country.

It is comprised of 256 schools and 34 charter schools, and serves more than 180,000 students.

To learn more, visit [HawaiiPublicSchools.org](http://HawaiiPublicSchools.org).

Also visit [www.halekula59.k12.hi.us/](http://www.halekula59.k12.hi.us/).



## FOOTSTEPS in FAITH

# Like a Kentucky Derby thoroughbred, we can race to win

## Stumbling blocks are sometimes helpful

**CHAPLAIN (MAJ.) PAUL FOREMAN**  
25th Sustainment Brigade  
25th Infantry Division

The 142nd Kentucky Derby is almost here, and the winner is anybody’s guess.

The famous horse race will take place, May 7, at Churchill Downs, Louisville, Ky.

I was reading an article in “Stars and Stripes,” a few years ago, about Graham Motion, the trainer of a horse. The article spoke very highly of his honesty and integrity as a trainer and how he was able to develop and grow the necessary traits for his horse to win. It got me thinking about how, in many ways, all of us are like thoroughbreds.

As you probably know, the most important race for any thoroughbred is

the Kentucky Derby. Most trainers will tell you that if they can only win one race in their career, they would want to win that race.

Naturally, a thoroughbred doesn’t know that the “most exciting two minutes in sports” is coming up. That horse has no idea that its legacy, its place in history, will be determined on a single day ... but the horse’s trainer knows.

And maybe the trainer knows he’s dealing with a horse that has the strength and endurance to win, but it lacks the speed. The trainer will put that horse through the agonizing workouts to build its speed, so it can win the race.

Or maybe the horse has plenty of



Historic 1912 Kentucky Derby photo

speed, but the trainer’s afraid that it might not have the endurance. Knowing this, the trainer might put that horse through grueling workouts to build up the endurance of the horse.

In the same way, spiritually, we also have a trainer.

“... for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.”

— 1 Timothy 4:7-8

We don’t know all the challenges that lie ahead, but our trainer does.

Could it be that the person who drives you crazy at work might be the person to teach what it means to love? Or that fatigue is a way of showing you that you need to slow down and take care of yourself? Or that failings of others can build patience, kindness or selflessness in your own life?

The reality is that we all stumble in many ways, spiritually as well as relationally. But we can use those times to teach us or to grow as a person and prepare us for the race ahead.

# Voices of Ohana

Americans first celebrated Earth Day, April 22, 1970, so we asked,

## “How do you help the environment?”

by Staff Sgt. Tramel Garrett, 25th Infantry Division Public Affairs



“My officer in charge inspired me to start recycling and to research why it’s important. Now my entire clinic recycles.”

Staff Sgt.  
Diontae Allen  
NCOIC, Patient Administration,  
USAHC-SB



“I make sure we recycle everything in the office. If someone throws a bottle away, I’ll put it in the recycling.”

Spc. Shantoria Basley  
558th MP Co.,  
728th MP Bn.,  
8th MP Bde., 8th TSC



“My roommate and I recycle every Saturday in the Commissary parking lot.”

Spc. Anthony Greene  
Co. F,  
2-11th Inf. Regt.,  
2nd BCT, 25th ID



“I walk everywhere. Ever since I got to Hawaii, I walk everywhere.”

Spc. Mooreese Henderson,  
Signal Company,  
HHB, 25th ID



“At the clinic, we collect our plastic bottles and recycle them. My 8-year-old daughter and I take our recyclables to the recycling center monthly.”

Staff Sgt. Ana Joachin  
SHARP Victim Advocate,  
USAHC-SB



# Human Resources updates MILPERs

U.S. ARMY HUMAN RESOURCES COMMAND  
Army News Service

FORT KNOX, Ky. — Military personnel messages are undergoing their first change since 2003. Human Resources Command will no longer be publishing MILPERs in all capital letters; instead, it will use sentence case. MILPERs are used as a medium to announce new or updated human resources work requirements and procedural guidance. They outline guidance on such topics as board messages, new incentive programs and clarification of existing procedures. MILPERs have been used as a means to communicate guidance since April 1976. At that time, they were distributed through the Defense Message System or the Automatic Digital Network, the Department of Defense’s first computerized message switching system. In 1997, the Army began publishing MILPERs online in addition to using AUTODIN and DMS. In 2003, the use of AUTODIN and DMS was ceased and MILPERs have been solely published on the HRC website, www.hrc.army.mil. Viewing them requires the use of a login. Previously, publishing the messages in all caps was seen as way to make them easier to read.

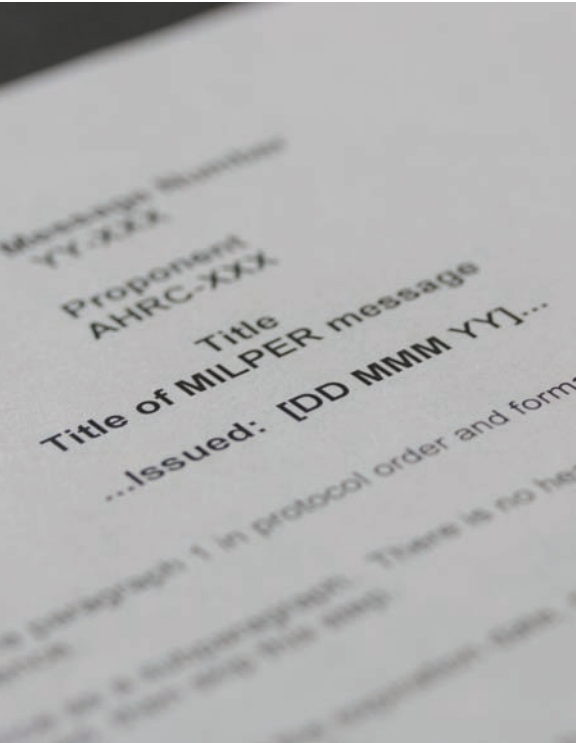


Photo by Daniela Vestal, U.S. Army Human Resources Command

**Pictured is a sample template for the current publishing guidelines for all military personnel messages.**

## Army approves 22 women for Inf, Armor

ARMY G1 PUBLIC AFFAIRS  
Army News Service

WASHINGTON — The Army approved requests from 22 women from the Army’s three traditional officer accession programs – Officer Candidate School, Reserve Officers’ Training Corps and the United States Military Academy – to enter as second lieutenants into the Infantry and Armor branches. Thirteen will enter into the Armor branch and nine will enter into the Infantry branch in the coming weeks as commissioning and commencement ceremonies occur across the country. Commissioning serves as the first step in the process to become a qualified Army officer. After commissioning, women selected to serve in Infantry and Armor will conduct branch-specific initial training for several months at Fort Benning, Ga. Once the branch-specific training is successfully completed, the officers will report to their first units of assignment qualified to assume duties as platoon leaders in Armor or Infantry units. All 22 women must complete the remaining training requirements and standards before fully qualifying as Infantry and Armor officers. The Army is also seeking applications from Army Competitive Category female officers from Year Groups 2014 and 2015 interested in a branch transfer into Infantry or Armor from their current duties. The names of those selected to serve should be announced near the end of June.



**John Kelly, ICODES instructor, conducts class on the first day of the three-week course, April 11, at Fleet Logistics Center, Pearl Harbor.**

# 599th transporters learn ICODES to solve big, 3D cargo puzzles

Story and photo by  
**DONNA KLAPAKIS**  
599th Transportation Brigade Public Affairs

JOINT BASE PEARL HARBOR HICKAM — Imagine your job involves solving three-dimensional jigsaw puzzles with giant, weighted pieces. The 599th Transportation Brigade is currently (April 11-29) sponsoring an Integrated Computerized Deployment System (ICODES) course, here, in which students effectively solve those types of puzzles in order to create plans to stow cargo on ships. John Kelly has taught ICODES for 10 years. His regular classroom is at the Army Transportation School in Fort Eustis, Va., but he travels all over the world to teach. Since January, he has taught at Papa Air Base, Hungary; Siauliai, Lithuania; and Fort Lee, Va. “ICODES is a single load planning system used by all services for vessel, rail and air,” Kelly said. “It’s a planning tool to ensure that we use the conveyances safely and most economically. It uses smart technology to make sure that we follow the rules of HAZMAT and other rules.” Carlos Tibbetts, 599th terminal management chief, first studied stow planning in 1987. He also took the ICODES course in 2005 and 2007. “The course teaches how to use the automated program and the philosophy of stow planning,” Tibbetts said. “It is not enough to load cargo on a ship; it has to be done in such a manner that, once loaded, the ship will be safe and stable to sail at the same time that cargo is protected.” When students pass the three-week course, they will be certified in both ICODES and ICODES Maritime, which are usually two, two-week courses. “Because four days of both courses are co-equal, we are to offer both certifications in 15 days total,” Kelly said. Outside factors play into successful vessel stowage. “The ideal ICODES user will have the ability to think outside the box,” Kelly said. “Most of my students are so ingrained in the Army mentality of ‘make it happen,’ that they have a hard time telling the boss ‘no’ when something is not possible. We need someone who can think about abstractly large numbers and abstractly small numbers at the same time. “They have to be able to develop a plan that will put thousands of pieces of cargo on a ship,” Kelly continued. “What the stow-planner has to keep in mind is communications at all points along the way. They have to communicate with the vessel, the port, the customer, everyone who will be involved in the move. If you make a plan that doesn’t take shortfalls or excesses into consider-

ation, you’ll be at the pier with a useless plan when the ship comes in. And believe me; that has happened.” “We’re holding the class because a lot of our people and Fleet Logistics Center (FLC) Pearl Harbor Hickam personnel needed iCODES,” said Scott Matthews, 599th deputy operations officer. “In this case it made sense to bring in a mobile training team instead of sending our people TDY for the training.” Frank Viray, 599th traffic management specialist, set up the training. “One of our main goals was to assist FLC-Pearl Harbor,” Viray said. “Nobody there has any ICODES training. This was a joint effort request to the Transportation School. “Once it was approved, I contacted all of our battalions, the 302nd (U.S. Army Reserve Transportation Battalion) and FLC to find out how many slots they had per unit. The Transportation School says we have to have more than 10 people per course. We have 12 in this class,” he added. Even though some class members had taken ICODES training during their original transportation training, software updates make the class necessary. “Usually every three or four years, there’s a major version update. Those who use it a lot will stay current and are able to keep up with it. Those who just use it once in a while need a refresher,” Kelly said. Although ICODES is a big innovation in stowage, stow planning is not totally automated. “There is an automatic load plan feature in ICODES, but we use that mainly as a feasibility tool, to tell if the amount of cargo will actually fit on the ship,” Kelly said. You cannot just pull the information on the load, put it into ICODES and get a plan. The stowage plan is always manually created. “Most plans take eight to 10 hours to build for a full vessel load,” he added. Students in the course will be able to integrate an upcoming real-world vessel load into the class work for a practical exercise. “That won’t be the final, though. In order to pass the course, they still have to pass a six-hour, practical exam. They will have six hours to build an entire load plan from start to finish,” Kelly said.

**Point of Contact**  
For more information, contact Lt. Col. Jerry Pionk, Army G1 Public Affairs, at (703) 692-1281 or via global email.



# ‘R U @ risk for distracted driving?’

**ART POWELL**  
U.S. Army Combat Readiness Center  
FORT RUCKER, Ala. — Say the words “distracted driving” and most folks think of teens who text or gab excitedly with each other while navigating the streets. However, teens aren’t the only ones out there paying less than full attention to the road. Distracted driving can just as easily happen to anyone – maybe even you.

**Types of Distractions**  
According to information at [www.distraction.gov](http://www.distraction.gov), three different types of distractions can set up drivers for a crash:

- **Visual**, or taking your eyes off the road;
- **Manual**, or taking your hands off the wheel; and
- **Cognitive**, taking your mind off what you’re doing.

Texting is perhaps the classic example of distracted driving. What makes it so dangerous is that it involves all three types of distraction. To combat the distracted driving problem, the Department of Defense has banned drivers from using handheld cell phones on military installations. Also, most states and many municipalities have joined the campaign to eliminate distract-

ed driving by imposing their own restrictions.

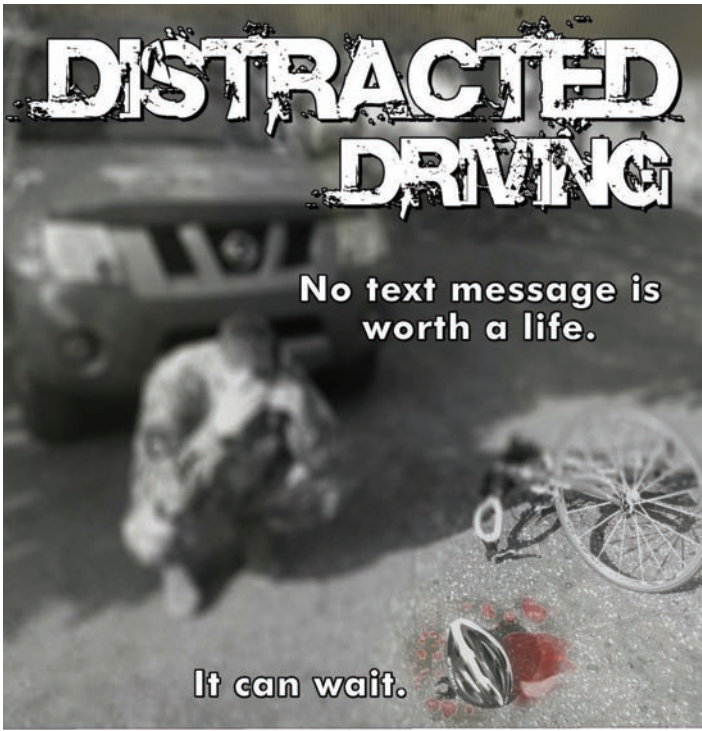
**What about you?**  
Have you ever done anything while behind the wheel that would be considered distracted driving? Be honest. If you travel onto a military installation every morning like I do, chances are you have driven distracted.

One morning, after showing the guard my common access card and passing through the gate, I realized I put myself in a distracted driving environment every time I enter the post. The simple act of placing my CAC back into its slotted carrying case was the problem. As I fumbled with my card, I did the three things you are not supposed to do: I took my eyes off the road, my hands off the wheel and my mind off what I was doing.

My solution to this “CAC distract” was to put it in my shirt pocket, toss it onto the empty passenger seat or put it into the cup holder in the console. Whatever you choose, it’s a lot safer to put it back in the cardholder after arriving at work and shutting down your vehicle.

**Distracting Data**  
A closer look at 2013 data from [distraction.gov](http://distraction.gov) reveals some surprising facts from agencies, such as the National Highway Traffic Safety Administration:

- 10 percent of fatal crashes, 18 percent of injury crashes and 16 percent of all police-reported motor vehicle traffic crashes were reported as distraction-affected crashes.
  - There were 3,154 people killed and an estimated additional 424,000 injured in motor vehicle crashes involving distracted drivers.
  - 10 percent of all drivers 15 to 19 years old involved in fatal crashes were reported as distracted at the time of the crashes. This age group has the largest proportion of drivers who were distracted at the time of the crashes.
  - There were 480 non-occupants killed in distraction-affected crashes. It’s unknown how many of these non-occupants were also distracted.
- So, how badly does distracted driving impair a driver’s skills? The University of Utah found drivers using cell phones, including hands-free models, had similar reaction times to motorists with a blood alcohol concentration of .08 percent.
- The statistics prove distracted driving is dangerous. But the real question is the one you’ll have to ask yourself: “What am I doing behind the wheel that I treat as more important than driving?”
- And then ask yourself, “Is it more important than living?”



**More Distractions**  
Distracted driving is not limited to texting or talking on a cell phone. Here are some other examples that fit the description:

- Eating and drinking,
- Talking to passengers,
- Grooming,
- Reading, including maps,
- Using a navigation system,
- Watching a video or fiddling with the radio.

Visit <https://safety.army.mil/MEDIA/Knowledge/TellYourStory.aspx>.

Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com)

**Today**  
**mTBI & PTSD** — Yesterday, the VA’s “Brain Trust: Pathways to InnoVAtion” conference concluded. Participants identified and advanced solutions for mild traumatic brain injury and post traumatic stress disorder. Visit [www.va.gov/p3/brain.trust.asp](http://www.va.gov/p3/brain.trust.asp) for more information.

**Hidden Loan Costs** — The Consumer Financial Protection Bureau advises military consumers that attempts by online lenders to debit payments from a consumer’s checking account add a steep, hidden cost to online payday loans. Half of online borrowers rack up an average of \$185 in bank penalties because at least one debit attempt over-drafts or fails. Visit [www.consumerfinance.gov/](http://www.consumerfinance.gov/).

**27 / Wednesday**  
**CIE** — Attend the Community Information Exchange, 9-10:30 a.m., at Schofield’s Nehelani and have questions answered by the garrison’s

subject matter experts.

**30 / Saturday**  
**Unwanted Drugs** — National Prescription Take Back Day takes place, 10 a.m.-2 p.m., at the Schofield Barracks Exchange. Drop off your expired, unwanted and unused prescription medication for safe disposal. Call 655-4470.

**May**  
**3 / Tuesday**  
**FBTH** — Join the quarterly online town hall, 6-7:30 p.m. on the garrison’s Facebook “Events” page. Visit [www.facebook.com/usag.hawaii](http://www.facebook.com/usag.hawaii). Comments or questions may be posted now.

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm) for up-to-date advisories.

**Today**  
**Town Traffic** — Two southbound lanes will be closed on Liliha Street between Vineyard Boulevard and North King Street, from 9 a.m., today, until 6 p.m., April 24. This is the second of three weekend closures necessary to complete the Liliha Street Rehabilitation project. Visit <http://hidot.hawaii.gov/>

highways/roadwork/.

**29 / Friday**  
**Krukowski** — Tripler’s Krukowski Road, north of the Fisher House, is scheduled to finish construction work today. The original plan called for construction to be done last fall.

**30 / Saturday**  
**Lauhala Closures** — The road closure along Wheeler’s Lauhala Road in the housing area is scheduled to end today.

**May**  
**13 / Friday**  
**Kubo Completion** — Shafter’s road closures from Bldg. T-126 to Kubo and Fun-

ston Road conclude today.

**14 / Saturday**  
**Power Outages** — A Schofield power outage, 7 a.m.-3:30 p.m., affects Akolea Point Housing and areas between McMahon and Menoher. Wheeler and WiliWili Housing Area will also experience an outage. See the outage maps at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).

**June**  
**18 / Saturday**  
**Power Outage** — These Schofield buildings will be without power, 7 a.m.-3:30 p.m.: 2026, 2027, 2029, 2031, 2032, 2033, 2034, 2098, 3030, 2037, 2038 and 2040.



# ‘I’m a survivor, not a victim’

In part two, Spc. Leitner helps to raise awareness

Story and photo by  
**SGT. 1ST CLASS JOHN BROWN**  
18th Medical Command (Deployment Support)

JOINT BASE PEARL HARBOR-HICKAM — Spc. Brittany Leitner said she began to realize the importance of speaking about sexual assault when her leaders began telling her their own stories of being sexually assaulted as young Soldiers.

“They couldn’t imagine how I, at 20-something years old, could stand before a battalion full of people and talk about something that happened to me like that,” Leitner said. “I started this to help myself, but I realized that continuing to do it was helping a lot more people than myself.”

Master Sgt. Joseph Collins, 94th Army Air and Missile Defense Command, said that he first met Leitner when she spoke to the students at a Sexual Assault Response Coordinator (SARC) course.

“It kind of made everything feel real. Nothing

drove it home until you have a survivor stand in front of you and tell you what happened to them and how it affected them and affected their life,” Collins said.

When Collins became the SARC for the 94th AAMDC, he knew that he wanted to share the same lesson with the rest of his unit.

“I felt like it was very effective. You can judge it by the way people ask questions. No one was falling asleep. They were paying attention; they were focused on Spc. Leitner and her story,” Collins explained. “Afterwards, there were leaders that came forward and said, ‘that is what we needed to wake our formations up,’ because we’ve never had anyone come out and do that.”

“I think Leitner brings to light a very volatile challenge, but brings life to it just by her standing in front of the audience and giving us her thought process,” Chaplain (Col.) Ken Revell, 94th AAMDC, said. “You get to feel how she got where she was because you’re right inside her story and that story plays out.”

“It just made it very real for us. I remember the



**Spc. Brittany Leitner (right) answers questions after her discussion about surviving sexual assault at the Hickam Memorial Theater, recently.**

sergeant major said, ‘Thank you for getting that guy out of our formation,’ and that’s a leadership thing that he was saying. At that moment, I think, he was having a big brother moment,” said Revell.

“It’s hard to measure, but it has a potentially transformative effect because she’s through the barbed wire, she’s right there and she’s looking right at us,” Revel added

After Leitner speaks, a line usually forms to talk

to her. Most simply want to shake her hand and thank her for her bravery, while others want to share their personal stories and ask for her contact information.

“It’s really hard not to feel like this was something that I could have prevented. There are a million ‘what if’s’ that go through your mind, but having people accepting me and thanking me for speaking to them has made it better for me,” said Leitner.

# 599th transporter wins brigade’s NCOY competition

Story and photo by  
**DONNA KLAPAKIS**  
599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — The winner of the 599th Transportation Brigade Noncommissioned Officer of the Year competition is a transporter who works in the headquarters’ command operations center, here.

Sgt. Amado Punto, movement control NCO, was the brigade headquarters’ nominee for NCO of the Year. He won against competitors from the 836th and 837th Trans. battalions, April 6.

Punto isn’t known as an NCO who brags about himself or touts his abilities.

“Sgt. Punto is a dependable, hard-working, yet quiet NCO. By that, I think he leads more by his actions than his words,” said Capt. Christopher Enyart, commander, 599th Headquarters and Headquarters Detachment.

“Sgt. Punto doesn’t really talk much. He’s dedicated to the job, never complains and always does what he’s told. But he always looks for ways to improve his communications skills,” said Maj. Ronald Burnside, 599th officer in charge of the command operations center and current operations chief.

Usually, Soldiers know months in advance they’ve been selected to compete, so they have



time to prepare.

“I think that the story of Sgt. Punto’s entry into the NCO of the Year competition illustrates his dedication,” said Command Sgt. Maj. William Funcheon, 599th senior enlisted adviser, adding Punto didn’t now he was the headquarters’ nominee until two to three weeks prior to the event.

“Instead of complaining that he didn’t have enough time or using that as an excuse, he devoted hours and hours of his off-duty time to studying, with his family’s assistance and support,”

Funcheon said.

Winning the NCO of the Year for the brigade was just the beginning for Punto.

“In that competition, we looked at the competitors’ weapons cards and (Army Physical Fitness Test) scores,” said Sgt. 1st Class Mattie James, NCOIC, operations section. “We also had an essay, and we tested on drill and ceremony and military knowledge during a video teleconference board with the battalions.

Events in the SDDC Best Warrior Competition are the APFT, a written exam, an essay, board appearance, hands-on warrior tasks and battle drills, day and night land navigation, a 12-mile road march (with a 40-pound rucksack), an obstacle course and a mystery event.

Punto said the road march and obstacle course were the most challenging events for him.

“We are practicing the ruck march three times a week now to work into it,” he said.

Punto didn’t enter the Army in a traditional manner. He is originally from Bataan, Republic of the Philippines, where he graduated from technical college. Punto worked in Japan for two years before moving to the U.S. in 2010.

“I feel so honored to be the 599th NCO of the Year and to represent the brigade at the SDDC Best Warrior Competition,” said Punto.





# Fairy Tale Night

Photo by Christine Cabalo, Oahu Publications

Soldiers and their children pose with several storybook characters during "A Fairytale Adventure" held at the Nehelani, Friday and Saturday.

## CYSS captures storybook atmosphere at MOMC event

**CHRISTINE CABALO**  
Staff Writer

SCHOFIELD BARRACKS — Storybook heroes burst into reality during "A Fairytale Adventure," a costumed dinner hosted by Child, Youth and School Services, April 15 and April 16, at the Nehelani, here.

The two-night event featured a variety of fairy tale-themed activities for families who were invited to dress up as their favorite story characters.

Service members and children got the royal treatment, with the opportunity to take photos inside Cinderella's carriage, get a princess makeover and more.

Many appreciated how CYSS staff accommodated each family, including Sgt. Joseph Myers, a satellite network controller with Delta Company, 53rd Signal Battalion, 1st Space Brigade, U.S. Army Space and Missile Defense Command.

"We thought it would be a good experience for (my daughter) and ordered her a princess dress," Myers said. "She's told us she was looking forward to dancing and meeting the other princesses."

The Myers' 4-year-old daughter Alena was dressed up as Disney character Sofia the First. She and other event attendees could have their photo taken with several of the Disney characters at the event.

Among those dressed up to meet the party attendees included Elsa and Anna from "Frozen," Belle and Beast from "Beauty and the Beast," Snow White, Rapunzel, Princess Aurora from "Sleeping Beauty" and Cinderella. There were also famous storybook villains, including Maleficent and Ursula from "The Little Mermaid."

This was the second year "A Fairytale Adventure" has been held. The event sold out the year before.

The family-friendly evening had a flexible schedule, offering parents the choice between joining in one of the two available nights.

Synthia McNamara, parent and outreach services director at CYSS and event coordinator, said her office hosted the costumed dinner specifically in celebration of the Month of the Military Child.

During the evening, Applause! Performance Academy students danced and sang. A disc jockey provided music for attendees to enjoy the dance floor. There were also

interactive booths where the crafty could find their inner prince and princess.

The CYSS staff helped crafters design crowns and knight helmets using markers, gems, feathers and other decorations.

"I made a knight's mask," said Ava Balog, 5. "I like hearts and feathers, with silver and blue."

For those who wanted a hands-on approach to becoming a fairy tale hero, they had the chance to fence with swords and see other historically accurate knight equipment from Schola Saint George.

The local chapter of the international organization regularly practices sparring with swords and other weapons using techniques from historical European martial arts.

Attendees could also try on the equipment and ask the organization members questions and met the local chapter vice president, Colin Chock.

The CYSS staff members said the goal of the event was to offer a magical experience for Soldiers and their families as they go through the challenges of a military lifestyle.

"We want to ensure all the families have a good time," said Suzanne King, director of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii. "This event helps us make children's dreams come true, so they feel like princes and princesses."

### Signing Up

The CYSS staff offers several programs year-around for families, including affordable child care and events like Parents Night Out.

Parents must complete several forms and ensure their children meet registration requirements, including a CYS Services Health Assessment and official shot record with negative TB test results.

For more information on registering for CYSS or upcoming events, visit [www.himwr.com/program-registration](http://www.himwr.com/program-registration).



Photo courtesy of Brian Atkins

Brian Atkins, executive officer of U.S. Army Garrison-Hawaii, and his daughter, Erin, share a dance during the "Fairytale Adventure" costumed dinner at the Nehelani, Friday.



Photos by Christine Cabalo, Oahu Publications

Above — A dressed up Cinderella lines up to get her photo taken inside the Cinderella carriage available for families to take photos in during the event at the Nehelani.

Left — John Farley (left) looks through historically accurate swords with his 4-year-old daughter, Syndhl, during the Friday session of "A Fairytale Adventure."



# Briefs

## Today

### 22 / Friday

**Volunteers** — U.S. Army Hawaii and FMWR extend a thank you to volunteers with the annual Installation Volunteer Recognition Ceremony and Volunteer Appreciation Reception, starting at 11 a.m., at the SB Nehelani. For more information on volunteerism, visit [himwr.com/getting-involved/army-volunteer-corps](http://himwr.com/getting-involved/army-volunteer-corps) or call 655-4227.

**Paint & Sip** — Create your own masterpiece at Tropics Recreation Center while enjoying signature drinks and food, 7-9 p.m. An experienced artist will guide you through the relaxing process of painting while you sip on your beverage of choice. All supplies will be provided. To sign up, visit Tropics. Cost is \$25/per person for painting and supplies and \$37/per person for a paint & sip package that includes a choice of beverage and a cheese and fruit platter. Call 655-5698.

**23 / Saturday**  
**NAF Inventory Sale** — Join MWR for its inventory sale at Leilehua Golf Course with an auction for used golf carts, mowers and other golf course equipment. Viewing starts at 8 a.m. and auction starts at 9 a.m. All sales are final. Call 656-0114.

**Adventure Kayaking** — Learn to kayak with Outdoor Recreation as it cruises the Anahulu River on the North Shore and other locations around Oahu. ODR will provide the transportation (up to 12 people), equipment and instruction. All you need to bring is water, snacks and sunscreen. Cost is \$59/per person. ODR is located at 435 Ulrich Way, Bldg. 2110, SB. Call 655-0143.

**24 / Sunday**  
**Pottery, Quilting and Sewing** — Join Arts & Crafts every Sunday at 11 a.m. and create beautiful works of art. Visit the center at 919 Humphreys Road, Bldg. 572. Call 655-4202.

**Sunday Brunch** — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes infused from the Pacific Rim, Asia and Hawaii Nouveau at the FS Hale Ikena. Groups and large parties are welcome. Meal is served from 10 a.m.-1 p.m., and reservations are recommended. Adults are \$24.95 and children's prices are available. Call

# community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

## Today

**Book of Mormon Musical** — The national tour winner of nine Tony Awards, including best musical, continues a three-week engagement that ends May 1 at the Blaisdell Concert Hall in Honolulu. Single ticket prices start at \$37 (service fees may apply). Group ticket sales can be placed at the Hawaii Opera Theatre Box Office. Call 593-9468.

**Pacific Aviation Museum** — The historic B5N Torpedo Bomber aircraft, “The Kate,” now at Pacific Aviation Museum Pearl Harbor for restoration, is on display at Lt. Ted Shealy’s Restoration Shop in Hangar 79 and restoration work has begun. Visit [www.PacificAviationMuseum.org](http://www.PacificAviationMuseum.org).

**23 / Saturday**

## HEALTH AND SAFETY

# National TAKE-BACK Initiative (NTBI)

Turn in your unused or expired medication for safe, anonymous disposal.

NEW OR USED NEEDLES AND SYRINGES WILL NOT BE ACCEPTED.

## Saturday, April 30, 2016

### 10:00 a.m. - 2:00 p.m.

<b>OAHU:</b>	
• <b>Hawaii State Capitol - Beretania Street drive-thru</b>	<b>415 S. Beretania Street, Honolulu, HI</b>
• <b>Kahala Mall - inside mall</b>	<b>4211 Waialae Avenue, Honolulu, HI</b>
• <b>Marine Corps Exchange (MCX) - front of Exchange</b>	<b>Kaneohe Bay, HI (Must have base access)</b>
• <b>Pearl City Police Station - parking lot</b>	<b>1100 Waimano Home Rd., Pearl City, HI</b>
• <b>Pearl Harbor Navy Exchange (NEX) - main lobby</b>	<b>4725 Bougainville Drive, Honolulu, HI</b>
• <b>Schofield Barracks Army and Air Force Exchange Service (AAFES) Post Exchange (PX) - inside near flower shop</b>	<b>Schofield Barracks, HI (Must have base access)</b>
• <b>Mililani High School - parking lot A near cafeteria</b>	<b>95-1200 Meheula Parkway, Mililani, HI</b>
• <b>Windward Mall - inside mall, near food court entrance</b>	<b>46-056 Kamehameha Hwy., Kaneohe, HI</b>

## For more information visit [www.dea.gov](http://www.dea.gov) or call (808) 541-1930.

Courtesy graphic

The services are supporting National Prescription Take Back Day, Saturday, April 30th, in a commitment to a drug-free community. Turn in your unused or expired medication at any of the sites listed above.

438-1974.

**Advance 8 Ball Pool Tournament** — Join SB Tropics every Sunday in April at noon, when Tropics hosts a tournament for ages 18 and older. Fee is \$10 and winners will receive Exchange gift cards. Call 655-5698.

**25 / Monday**  
**Million Dollar Soldier Refresher Training** — This workshop, 8:30-11:30 a.m., focuses on basic financial skills to help develop self-reliance and personal responsibility. The goal is to encourage Soldiers and families to understand their personal finances and learn tools for financial success at SB ACS Bldg. 2091. Register at 655-4227.

**Play Mornings at HMR Chapel** — Meet other moms and dads, share information and parenting tips, and give your child a chance to interact with other children in a safe, structured environment, 10-11 a.m. To register, call 655-4227.

**26 / Tuesday**  
**PT in the Gym** — Enjoy various PT stations with your child, 6:30-8:30 a.m., at the FS PFC. Every child will receive a free breakfast. Special appearances by Mickey & Minnie Mouse, Elmo, Captain America, Olaf, Elsa and many more. Call 836-1923.

**27 / Wednesday**  
**Teen Manga** — Join other Teen

Manga fanatics at Sgt. Yano Library, 3 p.m., for Manga and Anime discussions and activities. Go to 1565 Kolekole Ave., SB Bldg. 560. Call 655-8002.

**28 / Thursday**  
**Open Texas Hold'em Poker** — Every Thursday in April at 6:30 p.m. visit SB Tropics for Open Texas Hold'em Poker. Service fee is \$10/per person to play. Win Exchange gift cards. Sign in begins at 5:30 p.m. This facility is for patrons 18 and over. Call 655-5698.

**29 / Friday**  
**Right Arm Night** — Enjoy pupus and live music from the 25th ID Band “One Nation.” This event is open to all ranks, DOD civilians and spouses, 5-7 p.m., at the SB Nehelani, 1249 Kolekole Ave. Call 655-4466.

**30 / Saturday**  
**Book Spine Poetry Contest** — Celebrate National Poetry Month by stacking books, CDs, DVDs or audio-book spines to create a poem. The poem should have a minimum of three titles and a maximum of eight. Poems must be submitted by April 30 in photographic form on Instagram, #AHLPoetryKids2016 (for grades 1-6), #AHLPoetryTeens2016 (for grades 7-12), and #AHLPoetryAdults2016 (for age 18 and over). Contest winners will be determined by the number of “likes” received. Visit SB Sgt. Yano Library at 1565 Kolekole Ave., Bldg. 560. Call

655-8002.

**May**  
**6 / Friday**  
**Command Scramble Golf** — Monthly event cost is \$50/per player, and price includes green/cart fee, free driving range balls, door prizes, flight prizes, pupus and two Mulligans per player. Contact Leilehua Golf Course at 655-4653 to register. Registration will also be held on the day of the event, unless the event is already sold out. Upcoming scramble dates are May 6, June 3 at Leilehua Golf Course, 199 Leilehua Road, Wahiawa.

**Ongoing**  
**Tropics** — The new SB Tropics Recreation Center is now open after an extensive renovation. The high-energy recreation facility offers gaming, state-of-the-art entertainment, food and beverages. Hours follow:  
• Thursdays, 4-10 p.m.  
• Fridays-Saturdays, 4 p.m.-midnight.  
• Sundays, 11 a.m.-7 p.m.  
• Mondays, Tuesdays and Wednesdays closed.  
**SKIES Unlimited Hula Classes** — SB and AMR host hula classes for \$35 per month. Call 655-9818 for class availability or log onto the [www.himwr.com](http://www.himwr.com) for more details.

Learn what’s happening in U.S. Army-Hawaii and ask questions of subject matter experts.  
**Justin Moore and Rodney Atkins** — Country music stars perform at the Waikiki Shell. Doors open at 6 p.m. Tickets begin at \$45 and are available at [Bampproject.com](http://Bampproject.com), [Ticketmaster.com](http://Ticketmaster.com), all Ticketmaster outlets including the Blaisdell Box Office, Walmart stores or charge by phone at 1-800-745-3000.

**30 / Saturday**  
**FS Earth Day** — USAG-HI, IPC, the 9th Mission Support Command and dozens of community organizations will team-up from 11 a.m. to 3 p.m. at Fort Shafter Flats to share a wealth of knowledge about environmental sustainability through interactive exhibits and activities for the whole family.

**“Hug Your Mother” Earth Day** — Wahiawa Shopping Center and Wahiawa Town Center host this family-friendly event from 9:30 a.m.-1 p.m. Enjoy free earth-friendly activities, free entertainment and gardening tips.

# worship Services

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**  
•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

**Gospel Worship**  
•Sunday, noon, at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex  
**Jewish Shabbat (Sabbath)**  
•Friday, 7:30 p.m. at PH  
**Pagan (Wicca)**  
•Friday, 7 p.m. at Wheeler Annex

**Protestant Worship**  
•Sunday Services  
-9 a.m. at MPC  
-9 a.m., at FD, TAMC chapel  
-10 a.m. at HMR  
-10:30 a.m. at AMR  
-11:30 a.m. at WAAF (Spanish language)  
-11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
•Sunday, 10 a.m. at WAAF

## This Week at the MOVIES

Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under reeltime movie listing.

**The Perfect Match (R)**  
Fri., April 22, 7 p.m.

## Miracles from Heaven

(PG)  
Sat., April 23, 4 p.m.

**10 Cloverfield Lane (PG-13)**  
Sun., April 24, 5 p.m.

## The Brothers Grimsby

(R)  
Thurs., April 28, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

## This Week at the MOVIES

Sgt. Smith Theater

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	Recreation	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center	
	FMWR: Family and Morale, Welfare and	SB: Schofield Barracks	



# 65th BEB shares science and technology challenges

Story and photo by  
**STAFF SGT. CARLOS DAVIS**  
2nd Brigade Combat Team Public Affairs  
25th Infantry Division

MILILANI — Science, technology, engineering and mathematics are taught to children at a very young age, and those same skills play a vital role in every U.S. Army job field.

Soldiers from the 65th Brigade Engineer Battalion, 2nd Brigade Combat Team, 25th Infantry Division, spent time with students and families of Mililani Middle School as part of Science, Technology, Engineering and Mathematics (STEM) night on April 9, providing insight on how the material used in class applies in the workforce.

“Our participation in STEM night was a resounding success. Soldiers got the chance to interact with families, students and demystify the military while explaining the science behind some of our technology at work,” said Lt. Col. Heather Levy, 65th BEB commanding officer. “The long line of students at our booths demonstrated that the 65th brought interesting and intellectually challenging presentations to STEM night.”

**Science and the Army**  
The students received briefs on military equipment, such as the RQ-11 Raven Un-



Sgt. Candice Jones, a combat engineer assigned to 65th BEB, 2nd BCT, 25th ID, talks to a student about the RQ-11 Raven Unmanned Aircraft System during STEM night, April 9, at Mililani Middle School.

manned Aircraft System and AN/PSS-14 Mine Detection System. The engineers also provided firsthand knowledge and practical experience of how science and the military works together.

“It’s really cool for the students to be able and see how science and engineering play a role in the military,” said Sgt. Anthony Wal-

lace, a combat engineer assigned to Company A, 65th BEB. “It provides them with a knowledge base of how the skills they learn today will have a long-lasting effect on the things they do in the future.”

To kick-start the night, Levy and Command Sgt. Maj. Giovanni Fuentes, 65th BEB command team, met with Mililani’s principal, Elynne E. Chung, military students and their families to formally sign a letter of agreement with the school.

“The 65th BEB is excited to formalize this relationship with Mililani Middle School. It gives our Soldiers the chance to reach out into the local community and engage with young students – future engineers, future Soldiers and future citizens,” said Levy.

“In addition,” Levy said, “we give the school a tremendous extra resource as we partner with them during community events, school clubs, STEM events and other projects. Ultimately, both educators and Soldiers share a common desire, which is to serve others.”

## 9th MSC, NFL team-up conservation efforts

**JONELLE KIMBROUGH**  
Office of the Chief, Army Reserve

FORT SHAFTER FLATS — Hawaii, home to the U.S. Army Reserve’s 9th Mission Support Command, is also home to some of the world’s most critical and biologically diverse ecosystems. However, these unique environments are also delicate, requiring protection to ensure their futures.

The 9th MSC is committed to resource stewardship on its islands, and it recently cultivated its efforts with some help from a rather unusual partner – the National Football League.

Soldiers and volunteers from the 9th MSC joined forces with students from Pu’ohala Elementary School and former NFL guard Jesse Sapolu to install trees and plants as part of the 2016 NFL Pro Bowl Tree Planting.

**Joint effort**  
At the event, Soldiers and civilians planted 30 trees. Some were food trees, such as banana, coconut and ‘ulu, which is also known as breadfruit. Other trees were native Hawaiian trees,



Photo courtesy of 9th MSC Directorate of Public Works

**Soldiers from the 9th MSC lend their hands and their shovels to plant trees at the NFL tree planting event.**

such as manele, hala and ‘ohai’a lehua.

Volunteers also assisted Pu’ohala Elementary School students with planting food plants and medicinal flowering plants in front of their classrooms. The students will be involved in the care and harvest of the plants, and they will use the flowers to create traditional Hawaiian lei.

Marybeth Racette, an environmental protection specialist contractor with the 9th MSC’s Directorate of Public Works, said that they have participated in the NFL Pro Bowl Tree Planting for several years and that community interest has been consistently growing. Partnerships with community agencies, such as Kaulunani Urban and Community Forestry Program and Friends of Hawaii’s Urban Forests, have also led to the success.

The participants were especially pleased to work with special guests, including 9th MSC Commander Brig. Gen. Stephen Curda and Theater Support Group-Pacific (TSG-P) Commander Col. Twanda Young and Sapolu.

The commanders’ participation was “a testament to the unwavering support for the environmental mission that we enjoy in Hawaii,” said Wayne Mitsko, TSG-P Environmental Division chief.

Sapolu, who spent much of his youth on the island of Oahu, was also a welcome contributor to the efforts. One of only six San Francisco football players to earn four Super Bowl rings, Sapolu played his entire career with the San Francisco 49ers from 1983 to 1997. He was selected for the prestigious Pro Bowl in 1993 and 1994.


Racette said that Sapolu engaged the “keiki” (Hawaiian for “children”) about “how we must learn to be good to Mother Earth because she provides us with everything we need to survive.”

“The event enlightened our Soldiers, as well as their families, on the importance of how planting trees and gardens can provide a sustainable environment,” Racette remarked. “And the interaction with the children gave the Soldiers a chance to show how the Army Reserve cares for the communities we live in.”

The NFL Pro Bowl Tree Planting is part of the league’s a broader initiative to reduce the climate impacts of the Pro Bowl, which was held this year in Honolulu.

The NFL Pro Bowl Tree Planting is just one of numerous events and initiatives developed each year by the NFL to leave a positive legacy.

**More Online**  
Learn more about the Army Reserve’s sustainability and environmental quality programs. Like the Reserves on Facebook at [www.facebook.com/USARSustainability](http://www.facebook.com/USARSustainability), follow on Twitter [@USARGoGreen](https://twitter.com/USARGoGreen) and visit [usarsustainability.com](http://usarsustainability.com) and [www.usar.army.mil](http://www.usar.army.mil)



## Fort Shafter teen earns Hawaii Military Youth of the Year

**CHRISTINE CABALO**  
Staff Writer

FORT SHAFTER — Alongside the hard charging volunteers in Hawaii, Anessa Ridley recently won the title of 2016 Hawaii Alliance Boys and Girls Club of America Military Youth of the Year.

The 16-year-old honors student from Moanalua High School is an active member of the Fort Shafter Youth Center, recognized for her community service and athletic achievements.

Ridley’s work has focused on volunteering by reaching out to others, organizing group activities with her peers, teaching young swimmers and feeding the homeless. She is also president of the Keystone Club, a Pacific Teen Panel representative and a member of several other clubs. Ridley is also captain of the Moanalua Girls Varsity Soccer Team.

Each club location monthly recognizes a club member who is 14 to 18 years old, then selects a Youth of the Year who participates in state and national competitions.

Ridley, as a state winner, has received a \$5,000 scholarship as well as the chance for more scholarships on the regional and national level.

Ridley will be considered alongside other state winners in the region during the Military Youth of the Year Celebration for the Pacific Region.

This year’s ceremony will be held July 29 at the Manchester Grand Hyatt in San Diego.



Photo courtesy of Child, Youth and School Services

**Anessa Ridley, a 16-year-old honors student from Moanalua High School, was recently named the Military Youth of the Year for Hawaii.**



# TAMC Blood Donor Center thanks donors, volunteers

Story and photo by  
**MICHELLE LELE**  
Armed Services Blood Program

HONOLULU — More than 100 individuals in attendance for Tripler Army Medical Center’s Blood Donor Center annual Blood Donor Recognition Awards Luncheon packed into a room at the Navy Marine Golf Course, here, recently.

The event honored dozens of top blood, platelet and plasma donors, as well as blood drive coordinators, organizations and military commands from the Army, Navy, Air Force, Marines and Coast Guard who have gone above and beyond the call of duty to support the Armed Services Blood Program’s mission to save lives.

The gathering offered the opportunity to articulate the broad-ranging scope of the TAMC blood donor program by Army Lt. Col. Teresa Terry, chief of Transfusion Services at the donor center.

“As a tri-service organization, the ASBP collects, processes, stores and distributes blood and blood products worldwide,” said Terry to the room of volunteers.

She stressed that Tripler’s role as the largest collector of U.S. military blood in the Pacific is important to recognize.

“The blood has been used for military training events and actual missions for units, such as Army forward surgical teams, Special Forces, Navy ships, Navy submarines, Air Force helicopters with evacuation teams, Coast Guard rescues and even cruise ships,” Terry said. “Our blood products are also used in locations such as Guam, Korea and Japan.”



Navy Capt. Peter F. Roberts, TAMC Medical Center deputy commanding officer (left), and Army Lt. Col. Teresa Terry, chief of Transfusion Medicine Service, recognize retired Navy Cmdr. Robert Fowler at the recent Donor Appreciation Ceremony held at the Navy Marine Golf Course.

**Volunteer recognition**  
Navy Capt. Peter Roberts, TAMC deputy commanding officer, praised all of the ASBP volunteers.

“Since the military blood program inception, our donors have been the heart and soul of our program,” he said. “It is only through volunteers’ donations that we are able to provide lifesaving blood products. On behalf of the commander of Tripler Army Medical Center and the Armed Services Blood Program, we would like to say thank you.”

Sgt. 1st Class Jackie Mims was the guest speaker at the luncheon. He has been in the

Army for 17 years and served his country with multiple deployments to Iraq and Afghanistan. At the ceremony, he recalled one of his deployments to Afghanistan working for a blood support detachment. A Soldier from an Army Special Forces unit on a humanitarian mission was shot seven times in the chest and required more than 247 blood products during surgery, he said.

“Because of people like you who support our military blood program, that Soldier made it home to his family and is well and healthy today,” Mims said.

The many awardees and other guests got to enjoy a country style barbecue for lunch as the

awards were given out. The lunch ended with a special thank you from Terry.

“While we can never recognize all of the people that have made important contributions to the TAMC Donor Center over the last year, we can’t thank you enough for the unselfish generosity in giving someone the ultimate gift ... a possible second chance at life,” Terry said.

*(Editor’s note: Lele is an ASBP blood donor recruiter.)*

**Top Blood Drive Coordinators**  
HMC Ryan De La Cruz  
GSM1 Kyle Rowe  
Deborah Shaffer

**Community Support**  
University of Hawaii ROTC Army

**Top Units**  
•1-21st Infantry, 2nd Brigade, 25th Inf. Division  
•3rd Radio Battalion Marines  
•National Security Agency  
•Pearl Harbor Navy Shipyard & IMF  
•USS Chosin (CG 65)

**TAMC Blood Battle Winner**  
Alpha Company

**Donate**  
To find out more about the ASBP or to schedule an appointment to donate, visit [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

## New TRICARE Urgent Care Pilot Program earns spring test flight

**TRICARE**  
News Release

To increase access to care, the Department of Defense is launching an Urgent Care Pilot Program for TRICARE Prime beneficiaries.

This program will allow Prime enrollees two visits to a network or TRICARE-authorized provider without a referral or prior authorization.

The Urgent Care Pilot Program, scheduled to begin this spring 2016, is for the following:

- Active duty family members (ADFM) enrolled in TRICARE Prime or TRICARE Prime Remote,

- Retirees and their family members who are enrolled in Prime within the 50 United States or the District of Columbia, and
- Active duty service members (ADSMs) enrolled in TRICARE Prime Remote and stationed overseas, but traveling stateside.

ADSMs enrolled in TRICARE Prime are not eligible for this program as their care is managed by their service. This pilot also excludes Uniformed Services Family Health Plan (USFHP) enrollees.

TRICARE Overseas Program (TOP) enrollees can receive an unlimited number of urgent care visits, but only when they are travel-

ing stateside and seeking care.

There are no Point of Service (POS) deductibles or cost shares for these two urgent care visits, but network copayments still apply.

Once you receive urgent care, you must notify your primary care manager about that care within 24 hours or the first business day after the urgent care visit. Authorization requirements have not changed for follow up care, specialty care or inpatient care.

When you are not sure of the type of care you need, or you require care outside of standard business hours, call the Nurse Advice Line (NAL). If the NAL recommends an urgent

care visit, and a referral is submitted, that visit will not count against the two preauthorized visits allowed under the Urgent Care Pilot. However, if you call the NAL and get a referral to a military hospital or clinic, and you go elsewhere for care, that visit will count against your two preauthorized visits.

**More Online**  
If you need more information, visit the Urgent Care Pilot Program at [www.tricare.mil](http://www.tricare.mil).



# 2016 World Health Day focuses on diabetes prevention

GLORIA MONTGOMERY  
Army News Service

This year, the World Health Organization, or WHO, dedicated its annual World Health Day (April 7) to diabetes, to celebrate the organization’s 1948 founding.

According to WHO, more than 422 million adults worldwide live with diabetes – a 26 percent increase since 1980.

In 2014, more than one in three adults were overweight and more than one out of every 10 obese.

Diabetes increases the risk for heart attacks, strokes, blindness, kidney failure and lower limb amputations.

“The primary recommendation for pre-diabetes, per the National Institutes of Health (NIA) and the American Diabetes Association (ADA), is to institute lifestyle modifications to prevent diabetes,” said Barbara Hughart, dietitian at the Carl R. Darnall Army Medical Center.

“Eating healthy and being physically active are key to reducing risk factors associated with diabetes,” she said, suggesting people diagnosed with pre-diabetes exercise 10 minutes before or after a meal.

### Defining diabetes

Diabetes is a chronic disease and results in elevated blood glucose levels, which occurs when the pancreas fails to produce enough insulin to regulate blood sugar or when the body can’t effectively use the insulin it produces.

Although the cause of Type 1 diabetes is unknown, Type 2 diabetes is the result of excess body weight and the lack of physical exercise.

Normal fasting glucose values are 70-99 with pre-diabetes values greater than 100 but less than 126.

“Diabetes is diagnosed per VA/DOD guidelines with a fasting glucose equal to or greater than 126 on two occasions or a hemoglobin A1C count equal to or greater than 7 percent,” said Hughart.

To help people who have been diagnosed as pre-diabetic, Hughart suggested TRICARE beneficiaries to seek out a Diabetes Nutrition Class. The local Nutrition Clinic can also assist patients with pre-diabetes who have exercise medical limits.

“If lifestyle modifications are not effective to prevent sustained increases in glucose, then medical providers may initiate drug therapy to help prevent progression,” she added. “The important thing is to just move more and reduce total portions to promote a modest weight loss of body fat. The recommended goal is to lose equal to or greater than five percent of your current weight if the body mass index is greater than 25.”

### Nutrition tips

Hughart also offered the following tips for diabetes nutrition:

**1. Eat healthy.** A healthy diet high in fruits and vegetables and low in sugar and saturated fats can help prevent Type 2 diabetes, and also help people to manage Type 1 and Type 2 diabetes if they have it.

Encourage a regular meal pattern:

- At least three meals per day.
- If snacks are needed, space at least two hours from meals.
- Eating no carbohydrates has to be avoided. Avoid statements such as “avoid all carbs” or “don’t eat anything white.” Remember, cauliflower is a healthy food, but it’s white.
- Encourage less added sugars in the diet.
- Sweet, dessert-type carbohydrates are allowed, but should be used less often.

**2. Be active.** At least 30 minutes of regular, moderate-intensity activity on most days can help prevent Type 2 diabetes and its complications, as well as help people to better manage Type 1 and Type 2 diabetes if they have it.

**3. If in doubt, check.** Symptoms for diabetes include thirst, hunger, weight loss, fatigue and blurred vision. However, many people who have diabetes do not have symptoms. If people think they might have the disease, consulting a health care professional is recommended.

**4. Follow medical advice.** A range of treatments exists to manage diabetes and control blood glucose, including eating healthy, being active, taking prescribed medication, controlling blood pressure and avoiding tobacco use.

People with diabetes can live well if they follow a treatment plan developed together with their health care provider.

*(Editor’s note: Montgomery works with Army Medicine.)*

**TAMC Point of Contact**

For information on Tripler Army Medical Center diabetes support, contact the Diabetes and Endocrine Clinic Front Desk at 433-6933.

# TAMC

## New Hearing Hours



Hearing Conservation testing hours are changing.

Beginning Monday, April 25, Tripler will change the walk-in days/hours to Monday through Thursday 7-11 a.m.

Beginning on May 6, Friday’s will be reserved for follow-up testing, only, between the hours of 7-11 a.m. by appointment only.



Courtesy of U.S. Army Public Health Command